



diet or this sort will prove beneficial to all persons afflicted with too much flesh in claiming too much. Obesity may be reduced in almost every instance by dieting, but as to the particular kind of food and drink to be taken is alone, that depends largely on the individual case and must be governed generally by individual conditions. Leslie's Weekly.

A Chiroprapist's Advice.
A chiroprapist advises that foot comfort is much enhanced as the spring weather comes.

SHIONED OF BATISTE.



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